"The duties of a teacher are neither few nor small, but they elevate the mind and give energy to the character." - Dorothea Dix

According to several studies and reports, teaching is one of the most stressful jobs in the country. If you’re feeling tired and disengaged, there’s a good chance it’s related to trauma, secondary traumatic stress, and/or “battle fatigue.” Teachers are often focused on taking care of and supporting others, but without prioritizing your wellbeing, those stress levels won’t lift. Your mental health isn’t only important to you—teacher wellness is also linked to stability in schools and student achievement. [3] Ways To Help Yourself: Teachers: Protecting Your Mental Health

What is happening at Pittsburgh Public Schools?
The last few months for the Pittsburgh Public Schools have been very challenging. With the ever-changing directives, it is advised to be prepared for Online & face to Face platforms.

Joseph is a Chemistry teacher at Brashear High School and has been doing a fantastic job. Joe was selected as teacher of the month and is becoming one of the most popular teachers in the school. Joe shared tips regarding his teaching;

1. What’s Your Teaching Philosophy? / What Adjectives Would You Use to Describe Your Presence in the Classroom?

   I would describe myself as fun, caring, and relatable. Since I am only 23 years old, I am more like a big brother to many of my students rather than a parental figure, which is more common. I can joke around and relate to students but at the same time, I hold a position of power in the classroom.

2. How Do You Motivate Students? Are there any specific teaching strategies you use?
I motivate students by holding them accountable and making deals. I always have a classroom focus for the day that provides students with a specific goal. For most students, it is very easy to motivate them when they know exactly what I expect from them. When students are not motivated, I often make a deal with them. They always get something out of the deal that will motivate them to hold up their end of the bargain.

3. **How Do You Communicate/Build Relationships With Students?**

I like to build relationships by joking around with students and making them laugh. This allows students to feel comfortable around me and not feel like they must hide who they are or put on a front in my classroom.

4. **Describe how you make Chemistry lessons engaging for the students? What materials do you use?**

I refuse to stand up and lecture my classes for more than 5 minutes. Students often learn by doing activities in my classroom. I can teach them by walking around and helping them one-on-one or in a group when they get stuck. Most of the class time I spend in more of a tutor role as opposed to a lecturer role.

5. **How Would You Handle a Difficult Student/Situation in the classroom?**

I have found the best way to handle difficult situations is to talk to the student one-on-one. I have found that students are rarely disrespectful if it is just you and them alone, and they are also more willing to open up about what is going on in their lives that is causing them trouble.

**Mentor Teachers:**
- Mentor teacher workshop- **Feb 3rd from 1:15pm-4:15pm**
● Mentor teachers; Ensure fellows visit classrooms (at least 3).
● Mentor teachers; Familiarize yourselves with the Via site. More information will be provided during our workshop.
● Mentor teacher office hour: Jan 29\textsuperscript{th}, 3:00 pm - 4:00 pm.
● Mentor teachers: Remember to approve the student teaching log at least biweekly or monthly.

**Fellows**

● The **coffee talk** dates will be communicated soon.
● Remember to check the WW program on the Knowledge Sharing Platform **Stackoverflow** for the latest resources and to ask and answer questions. We are willing and ready to assist you.
● Visit the New **WW Resource Sharing WIKI website** [WW resource sharing website link](#) (You can share some resources you have with other fellows).